



CALCIUM...
for a lifetime of strong,
healthy bones!

Calcium benefits bones and beyond!

- Builds strong bones and teeth
- Helps your muscles contract
- Helps your blood clot

Best Sources:

Milk
Yogurt
Cheese
Soy milk fortified with calcium
Sardines with bones
Tofu fortified with calcium
Canned salmon with bones
Collard greens

Good Sources:

Black-eyed peas
Spinach
Orange juice fortified with calcium
Broccoli
WIC cereals fortified with calcium
Turnip greens

Fair Sources:

Almonds
White beans
Garbanzo beans (chickpeas)
Ice cream or frozen yogurt
Kale
Okra
Soybeans
Bread fortified with calcium

Great tasting ways to get your calcium:

- Substitute plain yogurt for mayonnaise in your tuna, chicken or egg salad sandwich.
- Add milk instead of water to your hot cereals, soups, stews and casseroles.
- Make delicious smoothies in a blender with 1 cup of milk or yogurt, fresh or frozen fruit and ice cubes.
- Top your salad or cooked vegetables with Colby, Monterey Jack, Mozzarella or Muenster cheese.
- Add spinach to your scrambled eggs for breakfast.
- Mix brown rice with garbanzo beans and sautéed kale.
- Add turnip greens or kale to your casseroles, soups, or stews.

**Adults and children over the age of 2 should choose low-fat or non-fat versions of dairy products.*



WIC Nutrition Program • Nutrition Division
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GOOD FOOD and
A WHOLE LOT MORE!

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